

Miller Community Center

FALL 2005 ♦ Programs



Program Dates

Oct 10 to Dec 31

(unless otherwise noted)

Registration begins

Monday, Oct 10

330 – 19th Ave E
(E Thomas & 19th)
Seattle, WA 98112
206-684-4753
Fax: 206-684-4397

Visit us on the web:
www.seattle.gov/parks



Miller Community Center

330 19th Avenue E
Seattle, WA 98112
Phone: 206-684-4753 Fax 206-684-4397
Visit us online at www.seattle.gov/parks!

Hours of operation

Monday, Wednesday, & Friday	1 to 9 p.m.
Tuesday & Thursday	10 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	Noon to 5 p.m.

Program registration

Begins Monday, Oct 10

Program dates

Oct 10 to Dec 31, 2005 (unless otherwise noted)

Holiday closures

Friday, November 11, Veterans' Day
Thursday, November 24 & Friday, November 25,
Thanksgiving
Monday, December 26, Christmas Observed
Monday, January 2, New Year's Day Observed

Metro Bus Routes

Routes 8, 12, and 43 stop at 19th Ave E & E Thomas St (1 block north).
Route 48 stops on 23rd Ave (4 blocks west).

Directions

Miller Community Center is located on Capitol Hill next to Miller Playfield and Meany Middle School (four blocks east of Group Health Central Hospital/Urgent Care).

South on I-5:

Take the WA-520 exit. From WA-520, take the Montlake exit, go to the light, and turn right. Drive approximately 1½ miles to the top of the hill where the street becomes 23rd Avenue. Turn right on John Street, go up the hill to the four-way stop at 19th Avenue East, and turn right.

North on I-5:

Take the Madison Street exit. Go past the Dearborn and James Street exits onto the Madison Street exit. Turn right on Madison Street and drive east approximately 1½ miles to 19th Avenue. Turn left and drive to the four-way stoplight at Thomas Street. Continue north on 19th Avenue East for ½ mile.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Parks & Recreation
Operations Director
Robert Stowers, Central East Recreation Manager

Professional Staff

Gina Saxby, Recreation Center Coordinator
Traci Grant, Recreation Center Coordinator (Out-of-Class)
Mary Pat Byington, Asst. Rec. Center Coordinator
Robert Verdecias, Maintenance Laborer
Jerry Gratton, Maintenance Laborer
Nikkita Vinson, Teen Development Leader (Out-of-Class)
Audrey Weaver, Recreation Attendant
Zebedee Hill, Recreation Attendant
Mycheal Garrett-Small, Child Care Director

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Our Brochure Information is Also Available Online!

Did you know you can access our brochure in two different formats? You can visit our web site at www.seattle.gov/parks/centers/miller.htm and download a pdf (Free Adobe Reader required) that you can print, or you can explore our new **searchable** brochure at www2.seattle.gov/parks/brochure. Type in some keywords and find classes that are custom suited to you!

Special Events

Halloween Carnival

Want a safe place for your kids to Trick or Treat? Then Miller is the place to be. There will be arts/crafts and game activities for all ages. Prizes will be given at each game. Apple cider and cookies will be served. Adult and teen volunteers needed.

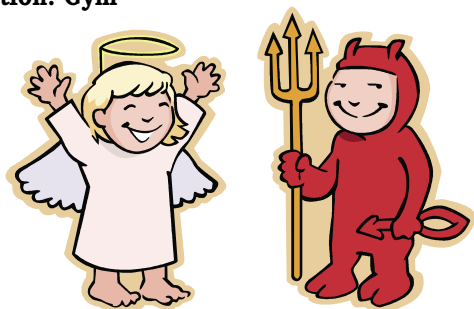
Age: Children 10 & Under w/Parents

Fri, Oct 28

6 – 8 p.m.

Fees: 2 cans of food for Food Lifeline

Location: Gym



Holiday Wreath Making

\$5

Come make a holiday wreath for your front door or to hang on your wall. Wreath will be made of natural greens and holly. Pre-registration is required.

Limited to the first 12 people to sign up.

Sat, Dec 3

10:30 – 11:30 a.m.

Location: Multi Room #2

Winter Holiday Party

Free

This popular event, which benefits low income families, is back. Everyone is invited to participate in the festivities. Low income children ages 2 to 10 may participate in the gift giving. Parents/guardians must accompany children. *Adult and teen volunteers needed. Cookies and beverages will be served.*

Call 206-684-4753 December 1 – 12 for gift registration. Registration for gifts is required. Space is limited, so please sign-up early.

Age: 2 to 10 with parent/guardian

Fri, Dec 16

6 – 8 p.m.

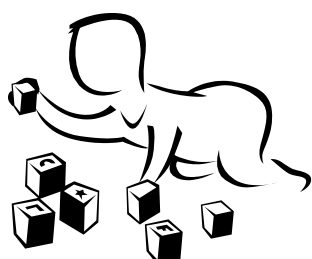
Location: Gym



Toddlers

Mighty Mites Toddler Indoor Playground

\$1 drop-in/child



For those rainy Seattle winter days we offer a play group for children ages 6 months to 5 years. Come and meet other parents with toddlers and infants and make new friends.

Punch cards are available. This activity is parent supervised and set up.

Age: 6 mos. to 5 years old

Tue/Thu 10 a.m. – Noon Sep 19 – Dec 31

Fees: \$1 drop-in fee per child. 10-visit punch card available for \$10.

Location: Gym

Gymnastics — Toddlers

\$50*

This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats, vaulting horse, spring board, balance beam and a single bar.

Age: 4 to 6

Tuesdays

4 – 4:45 p.m.

Nov 2 – Dec 27

***Fee does not include \$35 annual insurance fee**



Youth Programs

After School Care Program \$230/mth

The after school program is theme-based. Each month's activities are planned to include art, music, dance, sports, science, swimming, environmental stewardship, cooking, and field trips. An important emphasis for the program is tutoring and homework help. Each day will challenge the mind and body with creative programming. Seattle Public Schools will transport children on a school bus upon request. Parents must contact school transportation at 206-252-0900. Maximum 30 youth. DSHS clients are welcome to apply. For all other scholarship information, please contact Miller Community Center staff.

Explanation of Fees: The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). Price excludes all holidays, scheduled days off, and vacations.

Instructor: Mychael Garrett-Small

Age: Kindergarten to 5th Grade

Mon – Fri 3 – 6 p.m. Sep 7 – Jun 18, 2006

Fees: \$230 per month

Location: Multipurpose Room

Winter Break Camp

Need a safe and friendly place for your child to attend camp during spring break? Our day camp will offer arts and crafts, games, sports, swimming, and cooking. DSHS clients are welcome to apply. For all other scholarship information, please contact Miller staff.

Age: Kindergarten to 5th Grade

Fees: \$135 per week. Second child discount – \$5

Location: Multipurpose Room

Week 1

Mon, Dec 19 – Fri, Dec 23 7 a.m. – 6 p.m.

Week 2

Tue, Dec 27 – Fri, Dec 30 7 a.m. – 6 p.m.

No camp Monday, December 26



H.E.L.P. Tutoring

Join the Hollywood Education and Literacy Project of Puget Sound. This program offers study and learning skills developed by humanitarian and educator L. Ron Hubbard to eradicate the barriers to study so you can learn to do anything you desire in life. Please call 425-458-4366 to schedule a tutoring session.

Instructor: Azi Colling

Age: Youth/Adults

Location: Multipurpose Room #1

Tue/Thu 5 – 7 p.m. Sep 20 – Dec 8

Saturdays 10 a.m. – 2 p.m. Sep 24 – Dec 11

Athletics

Gymnastics – Youth Beginners \$65*

This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats, vaulting horse, spring board, balance beam and a single bar.

Instructor: Sandra Khan

Age: 6 & Up

Tuesdays 5 – 6 p.m. Nov 2 – Dec 27

***Fee does not include \$35 annual insurance fee**

Location: Miller Annex

Gymnastics – Youth Intermediate \$70*

This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats, vaulting horse, spring board, balance beam and a single bar.

Session 1

Age: 4 to 6

Tuesdays 6 – 7:30 p.m. Nov 2 – Dec 27

***Fee does not include \$35 annual insurance fee**

Location: Miller Annex Gym



Youth Programs

Nerf Indoor Soccer

\$30

Come play the game of soccer inside! Come learn the basics of soccer which includes passing, kicking, throw - ins and most of teamwork. Meet new friends and learn a new skill. Practice will be on Mondays and Friday. Games will be on Fridays in November. Adult volunteer coaches needed.

Instructor: Volunteer Coaches

Age: 5 to 7

Mon, Fri 4:30 – 5:30 p.m. Oct 4 – Nov 29

Location: Gym

Citywide Flag Football

This is a fun, fast-paced game with smaller teams and **no contact**. What could more fun? Games begin Saturday, September 24.

Age: Girls & Boys 6 to 14

Sep 12 – Nov 19

Location: Miller C.C.

Youth Basketball Program

Come and meet new friends as you learn the skills of basketball. Miller teams will play teams from other community centers within the city. Child's team will be determined by the child's age on August 31, 2005. Practice times will be determined by coaches' availability. Games are played on Fridays, Saturdays, or Sundays. Adult volunteer coaches are needed.

Registration begins Monday, October 10, 2005 after 1 p.m. Registration packets will be available to pick up on October 1, 2005.

Boys & Girls Ages 8 and 9

\$45

Practices are during the week and games are played on Fridays starting in January 2006.

Oct 11 – Mar 30, 2006

Location: Gym

Boys & Girls Ages 10 to 17

\$55

Practices are during the week and games are played on Saturdays or Sundays starting in January 2005.

Daily 5 – 9 p.m. Oct 10 – Mar 30, 2006

Youth Karate

Enter the Kobra Kempo

For children and youth willing to learn and demonstrate courage and discipline through physical fitness and discipline. Uniform is a black gi and white belt to start. Purchase uniform through instructor (not inc. in class fee). Class minimum is 5 students.



Age: 5 and Up

Location: Multipurpose Room #2

Session I

\$75

Mon, Fri 6 – 7:30 p.m. Sep 19 – Oct 31

Session II (9 week session)

Oct 31 – Dec 30

No class Fri, Nov 11; Fri, Nov 25;

Mon, Dec 26

Kickboxing for Youth/Adults **\$55**

Come learn the basics of kickboxing, while also toning your body. Participants will learn self defense tactics for various situations. Kickboxing will improve balance, coordination, timing and cardiovascular system.

Age: 8 to Adults

Tuesdays 6:30 – 7:30 p.m. Oct 11 – Nov 12

Location: Multipurpose Room #1

African Dance for Youth/Adults **\$45**

African dance is a powerful art form which requires movements of the whole body. This will be a strong cardio workout. Come and get in shape while listening to inspiring African music. This is a great way to improve your rhythm, timing, balance, stamina, and endurance.

Age: 16 & Up

Saturdays Noon – 1 p.m. Nov 15 – Dec 17



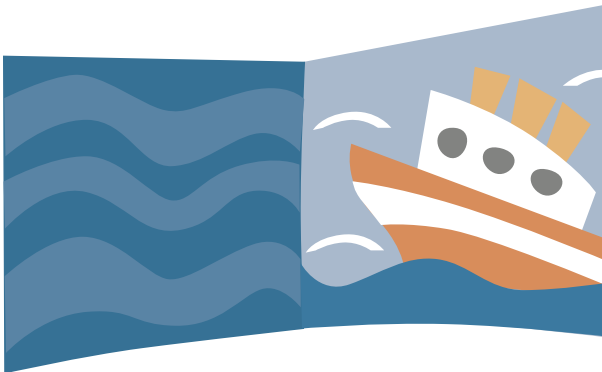
Miller Teen Program

Miller Teen Program

The Miller Teen Program is dedicated to educating and motivating teens to develop leadership and courage through integrated developmental assets. These assets include education opportunities, special events, life skills workshops, Teen Council, job readiness, group games, field trips, and much more.

All Teen Program participants must have a Parent/Guardian Authorization form and Participant Behavior Contract signed by teen, parent or guardian, and Teen Development Leader.

Most programs are free. Others have a fee depending on the activity.



TLC Boat Cruise

\$10

Must be a registered participant in the Miller program. For more information, please call Traci Grant at 206-684-4753.

Age: Middle School/ High School Teens

Fri, Sep 30

7 – 11 p.m.

Fees: \$10

Week without Violence

For more information, please call Traci Grant at 206-684-4753.

Mon, Oct 17 – Fri, Oct 21

Fees: TBA

Location: Outside Vendors

Miller Teen Advisory Council

Now Recruiting! If you have fundraising ideas, like planning special events, learn about service learning hours or just want to show off your leadership skills, you are invited to join out meetings. Registration is required. For more information contact Traci Grant (TDL) or Imani Siu-Chang (Teen Council President)

Instructor: Traci Grant

Age: 11 to 17

Second and Fourth Thursdays

4 – 5 p.m.

Location: Small Multipurpose Room

For more info about teen programs, contact Nikkita Vinson, 206-684-4753.



Miller Teen Program

Yoga

\$65

Yoga which liberates the natural energy of your body. Learn breathe work, body alignment, the opening of joints in a guided flow that is gentle and relaxing.

Age: Adults

Tue/Thu 6:30 – 7:45 p.m. Oct 10 – Dec 21

Location: Multipurpose Room #2

Kickboxing for Youth/Adults \$55

Come learn the basics of kickboxing, while also toning your body. Participants will learn self defense tactics for various situations. Kickboxing will improve balance, coordination, timing and cardiovascular system.

Age: 8 to Adults

Tuesdays 6:30 – 7:30 p.m. Oct 11 – Nov 12

Location: Multipurpose Room #1

African Dance for Youth/Adults \$45

African dance is a powerful art form which requires movements of the whole body. This will be a strong cardio workout. Come and get in shape while listening to inspiring African music. This is a great way to improve your rhythm, timing, balance, stamina, and endurance.

Age: 16 & Up

Saturdays Noon – 1 p.m. Nov 15 – Dec 17

Adult Karate

Enter the Kobra Kempo

For adults willing to learn and demonstrate courage and discipline through physical fitness and discipline. Uniform is a black gi and white belt to start. Purchase uniform through instructor (not inc. in class fee). Class minimum is 5 students.

Class is combined with the youth karate class.

Location: Multipurpose Room #2

Session I

\$75

Mon, Fri 6 – 7:30 p.m. Sep 19 – Oct 31

Session II (9 week session)

Oct 31 – Dec 30

No classes Friday, Nov 11 & 25

Monday, December 26

Baby Boot Camp

\$184/16 wks

Designed for moms of any fitness level. This mixed-level class combines strength-training exercises with cardiovascular drills, abdominal exercises, mat Pilates, and yoga.

Moms must be at least 6 weeks postpartum to participate. An all-purpose stroller is recommended.

Tuesdays Oct 4 – Jan 17, 2006

Adult Watercolor Classes

Wear an apron. A class supply list will be available at the front desk for students to purchase their class supplies.

Instructor: Barbara Britts

Age: 18 & Up

Fees: \$75

Location: Multipurpose Room #2

Session 1

Instruction in fundamental watercolor technique with introduction of materials. Emphasis will be on increasing control of the media and compositional elements. Various exercises will be introduced to develop a color, light, texture, and shape awareness. Most classes will be concerned with still life set up in the classroom.

Tuesdays 1 – 3 p.m. Sep 19 – Nov 8

Session 2

Emphasis on creative exploration of color, shapes and composition in the watercolor medium. Most classes will offer a variety of still life materials.

Nov 15 – Dec 29



Adults

Adult Drop-in Sports Fee

Beginning January 1, 2005, the city of Seattle will charge an Adult Sport Drop-in Fee during all operating hours. The fee is **\$2 per session for adults (ages 18 to 64)** and **\$1 per session for seniors (ages 65+)**. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming. **Please pay at the front desk.**

Adult Basketball Drop-in \$2 drop-in

Come and practice your basketball skills. Adults only.

Age: 18 & up

Basketball @ Miller Gym

Tue/Thu 12:30 – 2:30 p.m. Sep 19 – Oct 31

Drop-in Basketball @ Meany Gym

Sep 19 – Oct 31

Sep 24 – Nov 5



Adult Drop-in Badminton \$2 drop-in

Open Gym Hours are subject to change with or without notice. Every effort will be made to give notification when changes or cancellations occur.

Age: Adults Only

Tue, Fri 6 – 8:45 p.m. Jun 28 – Sep 2

Saturdays 2 – 4:45 p.m. Jun 28 – Sep 2

Adult Drop-in Volleyball \$2 drop-in

Come practice your volleyball skills. Adults only.

Age: Adults only

Mondays 6 – 8:45 p.m. Sep 19 – Oct 31

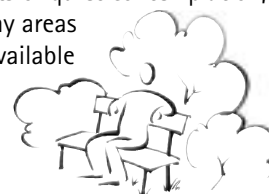
Sep 25 – Oct 30



The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy

Special Populations

"What's Cooking?"

\$15/session



Learn the basic skills for preparing and cooking healthy meals. We will learn what's needed to prepare a meal from beginning to end and eat our finished meal.

Please call the Special

Populations Office at 206-684-4950 to register.

Age: 18 & Up

Location: Kitchen

Mondays

6:30 – 8:30 p.m.

Session 1

Sep 19 – Oct 17

Session 2

Nov 7 – Dec 5

Starlight Social

Free

Seattle Parks and Recreation Specialized Programs Section holds a weekly social for Adults (18 years of age - older) at Miller Community Center. If interested, please call 206-684-4950.



Location: Multipurpose Room #1

Wednesdays 6:30 – 8:30 p.m. Sep 21 – Dec 14

More Information

For more Information on other programs for Youth/Adults with Disabilities, Please call the Specialized Programs Office at 206-684-4950

Senior Adults

Central East Senior Adult Registration Information

Cheryl Brown, Recreation Specialist
206-233-7255

E-mail: cheryl.brown@seattle.gov

Fall Quarter Dates: Oct 3 to Dec 16

No classes: Nov 11, 24, 25

Please register: Many classes require a registration minimum or have a small number of spaces available. Classes will be cancelled one week prior to the starting date if minimum enrollment is not met.

Class Registrations: Begin Sep 19. Class times/dates/instructors are subject to change.

Please make checks payable to Senior Adult Advisory Council ('SAAC')

Mail payments to: Senior Adult Programs, Attn: Cheryl Brown – CE, 8061 Densmore Ave N, Seattle, WA 98103-4436

More Information: For a complete list of Senior Adult Programs Citywide, please contact Senior Adult Programs at 206-684-4951 and request a brochure!

Tap & Tone

\$24

Heel step, shuffle, and ball change into the world of tap dance! Whether you're a first-time tapper or an "old shoe," this class will provide fun and fitness for you!

Tuesdays

10:30 – 11:30 a.m.

Gentle Yoga

\$24 – 1 day/wk

Stretch out those muscles and gain strength and flexibility in this gentle yoga class for all fitness levels. Instructor: Erin Tierney

Thursdays

10 – 11 a.m..

Tai Chi

\$24 – 1 day/wk

Learn slow and gentle meditative exercises that are good for stress, balance, concentration and general physical well being. **Instructor: Maik Tow**

Thursdays

10:15 – 11:30 a.m.

Drop-in Bridge

Free

It's in the cards! Have fun! Just drop in to play!

Fridays

1 – 4 p.m.

Traditional Chinese Medicine 101

Learn the basic principals and theories of Chinese Medicines...how they pertain to you and how you can use them to maintain and promote your health. Instructors are co-owners of Heaven and Earth Chinese Medicine Healing Center on Yesler.

Instructor: David and Teah Akrish

Thu, Oct 13

11:30 a.m. – 12:30 p.m.



Senior Adult Theater: *But Wait...There's More!*

Senior Adult Theater presents an original drama created by seniors to show people of all ages the stories of real people and their real lives. Laugh and cry with us as a dozen senior adults look at the challenges of aging through stories and words. Lots of fun and music as we realize our lives are full of new possibilities: but wait...there's more!

Fees: \$5.00 \$7 adults, \$5 seniors, \$3 groups, \$1 housing authority

Location: Langston Hughes Performing Arts Center, 104 17th Ave S, Seattle, WA 98144

Ticket Prices

\$7 Adults \$3 Groups

\$5 Seniors \$1 Seattle Housing Authority

Weekday Matinéés **1 – 3 p.m.**

Mon, Oct 24 Wed, Oct 26

Tue, Oct 25 Mon, Oct 31

Sunday Matinéés **1:30 – 3:30 p.m.**

Sun, Oct 30 Sun, Nov 6

Evening Shows **8 – 10 p.m.**

Tue, Nov 1 Wed, Nov 2



Day Trippin' (CE)

\$2/trip

Explore beautiful parks and trails in this fun walking program. Each hike is between 1½ and 3 miles and is followed by lunch (on your own) at a restaurant near the hike. Be prepared for wet or muddy trails with appropriate footwear. Transportation provided; **van picks up in front of Miller at 9:45 a.m.** Registration is limited so sign up early by calling 206-233-7255!

Times for all walks

9:45 a.m. – 2 p.m.

Tue, Oct 11 Denny Creek

Tue, Oct 25 Twin Falls

Tue, Nov 15 Dash Point State Park

Tue, Nov 29 Longfellow Creek



Senior Adult Field Trips

Mount Rainier Fall Follage \$22.50

Take a trip to Paradise! A beautiful drive in a luxury coach, full of autumn color! Take a look in the visitors center or take a hike. The views are breathtaking! Lunch (at the Paradise Inn or bring a sack lunch) and park admission (\$5) on your own. If you have a Golden Age pass, admission is free. **Pick up at Queen Anne CC 9 a.m., Garfield CC 9:20 a.m.** *Reg. Sept. 19*

Fri, Oct 7 9 a.m. – 6 p.m.

Museum of Flight \$5

From the Wright brothers to outer space - the wonder of flight comes alive in more than 85 historic aircraft, interactive exhibits and family activities. Lunch on and admission fee (\$13) on your own.

Reg. Oct. 3

Fri, Oct 14
10 a.m. – 3 p.m.



Snohomish Corn Maze \$6.50

Walk across Washington in this fun corn maze, pick a pumpkin and visit the farm animals, then off to Snohomish for lunch (on your own) and antique hunting! *Reg. Oct. 10*

Fri, Oct 21 10 a.m. – 4 p.m.

Bloedel Reserve \$12

A walking tour through this beautiful private garden. Enjoy the fall foliage, the peaceful and serene setting. Lunch on your own in Bainbridge.

Reg. Oct. 24

Fri, Nov 4 9 a.m. – 4 p.m.

Rosalie Whyel Museum of Doll Art \$6

The Rosalie Whyel Museum of Doll Art is a wealth of artistry, history and technology. Don't miss one of the pre-eminent collections of dolls, teddy bears, toys and miniatures...uniquely presented to create an experience you'll treasure. Lunch on your own.

Reg. Nov. 7

Fri, Nov 18 10 a.m. – 4 p.m.

Holiday Bakery Tour \$6.50

Taste and smell the best of Seattle area bakeries! Shop for holiday cookies and pastries for gift giving and special treats! Bring your sweet tooth!

Reg. Nov. 21

Fri, Dec 2 10 a.m. – 3 p.m.

Christmas in Coupeville \$12

Explore this quaint island town full of artists and interesting shops. Unique holiday gifts and beautiful scenery await! Lunch on your own at local restaurant. *Reg. Nov. 28*

Fri, Dec 9 10 a.m. – 5 p.m.

Warm Beach Lights \$8

Stroll the grounds and take in a million lights in dazzling displays, live music, drama, great food and activities for everyone. Admission to lights on your own (\$8). Dinner at Tulalip Casino on your own before the lights.

Age: 55+

Fri, Dec 16 3 – 10 p.m.

Central East/West Trip Registration Information

Trip Registrations: phone-in only, 8 a.m. on the date listed. Call 206-684-4240 to register. You can only sign up yourself and one other person. You'll *only* be called back if you are on the wait list. All trip times, costs, and destinations are subject to change.

Payment must be received 5 working days prior to departure.

Please make checks payable to SAAC and mail to: Senior Adult Programs, Attn: Central Sector, 8061 Densmore Ave N, Seattle, WA 98134-1336

Van Transportation for Field Trips: is available from Miller Community Center 15 minutes before trip time listed.

Fall Quarter 2005

Monday & Wednesday

- 6:30 – 8:00 a.m. Early Lap Swim/
Masters Workout
- 11:30 – Noon Kinders (Ages 4 to 5)
- 11:00 – 2:30 p.m. Lap Swim
- Noon – 1:00 p.m. Adapted Water Exercise
- 1:00 – 2:00 p.m. Pool Playland
- 2:30 – 4:00 p.m. High School Swim Practice
- 4:00 – 5:30 p.m. C.A.A.T. Swim Team Rental
- 4:00 – 5:00 p.m. Public Swim
(Shallow end only)
- 5:30 – 8:00 p.m. Lap Swim
- 5:00 – 6:00 p.m. Youth Lessons (6 & up)
- 6:00 – 6:30 p.m. Kinder Lessons (Ages 4 to 5)
- 6:00 – 6:45 p.m. Aqua Jogging
- 6:30 – 8:00 p.m. Public Swim

Tuesday & Thursday

- 11:00 – 11:30 a.m. Tots Lessons
- 11:30 – Noon 3 Year Olds Lessons
- 11:00 – 2:30 p.m. Lap Swim
- Noon – 1:00 p.m. Pool Playland
- 2:30 – 4:00 p.m. High School Swim Practice
- 4:00 – 5:30 p.m. C.A.A.T. Swim Team Rental
- 4:00 – 5:00 p.m. Public Swim
(Shallow end only)
- 5:00 – 6:00 p.m. Youth Lessons (6 & up)
- 5:30 – 8:00 p.m. Lap Swim
- 6:00 – 6:30 p.m. Kinder Lessons/Adult Lessons
- 6:30 – 7:00 p.m. 3-Year-Old/Tot Lessons
- 7:00 – 8:00 p.m. Shallow Water Exercise
Masters Workout
- 8:00 – 9:30 p.m. Otters Water Polo Rental

Friday

- 6:00 – 7:30 a.m. Early Lap Swim/
Masters Workout
- 11:00 – 2:30 p.m. Lap Swim
- Noon – 1:00 p.m. Pool Playland
- 2:30 – 4:00 p.m. High School Swim Practice
- 4:00 – 5:30 p.m. C.A.A.T. Swim Team Rental
- 4:00 – 5:00 p.m. Public Swim
(Shallow end only)
- 5:30 – 6:30 p.m. Lap Swim
- 5:30 – 6:15 p.m. Aqua Jogging
- 6:30 – 7:00 p.m. Diving Class
- 6:30 – 8:00 p.m. Public Swim

Saturday

- 8:30 a.m. – 5:00 p.m. Continuous Lap Swim
- 9:00 – 10:00 a.m. Water Exercise
- 10:00 – 11:00 a.m. Family Float Swim
- 11:00 – 11:30 a.m. Kinder/Tot Lessons
- 11:30 a.m. – Noon Beg/Adv Youth Lessons
- Noon – 12:30 p.m. 3 Year Old/Adult Lessons
- Noon – 1:30 p.m. Private/Special Pops Lessons
- 1:30 – 2:50 p.m. Public Swim
- 3:00 – 3:30 p.m. Youth Lessons (6 & up)
- 3:30 – 4:00 p.m. Kinder Lessons (Ages 4 to 5)
- 4:00 – 5:00 p.m. Public Swim (shallow only)
- 5:00 p.m. Medgar Evers Pool is available
for private splash parties! Please
contact the pool at 206-684-4766
for fees and availability!

Sunday

- All day Medgar Evers Pool is available
for private splash parties! Please
contact the pool at 206-684-4766
for fees and availability!

2005 Pool Fees

Recreational swimming fees

Under 1 year	Free
Children (1–18 years)	\$2.50
Adults (19 & Over)	\$3.50
Sr. Adults/Sp Pop	\$2.50
Recreation Swim Card (\$22 value)	\$20.00

Water Fitness Program Fees:

Water Exercise/Aqua Jog/Masters	\$4.50
Senior Water Exercise/Aqua Jog	\$2.75
Fitness Pass (\$33 value)	\$30.00
Adult Fast Pass	\$45.00
Senior/Disabled/Youth Fast Pass	\$35.00

Dive-In Movie Schedule

Fri, Sep 16	<i>Lilo & Stitch II</i>	Rated PG
Fri, Oct 28	<i>Harry Potter & The Sorcerer's Stone</i>	Rated PG
Fri, Nov 18	<i>Harry Potter & The Chamber of Secrets</i>	Rated PG
Fri, Dec 16	<i>Harry Potter & The Prisoner of Azkaban</i>	Rated PG

Medgar Evers Pool

Recreational Swimming

Early Morning Lap Swim

Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. *Program admission is by swim ticket only.*

Lap Swim

Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Please follow the posted set of lap swim guidelines. Open to anyone who can swim lengths. This program is offered at the same time as with other swims in the pool.

Masters Workout

A swim team workout for adults. Let our swim instructors get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

Public Swim

Recreational swimming for all ages. Children who are not at least 3'6" tall and who are under 6 years of age must be accompanied into the pool by an adult.

Family Float Swim/Pool Playland

Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

Redwood Cedar Sauna

The sauna is available during all operating hours. Children under 18 must be accompanied by parent.

Weight Training Area (Adults Only)

The Universal weight machines, Smith Machine, & free weights are available during operating hours. Check out a weight pin from the cashier; \$1 with swim admission/\$2 without.

Fitness Programs

Water Exercise

Increase your flexibility and your range of motion in this low-impact aerobic class. This is a terrific exercise program for all ages and abilities, especially those recovering from injuries.

Adapted Water Exercise

For those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

Deep Water Aqua Jogging

Experience the benefits of a really good run without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.

Swimming Lessons

Parent-Tot

6 months to 4 years

This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

Three Year Old lessons

Age 3

Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

Kinder Lessons

Ages 4 & 5 years

Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

Beginning Youth Lessons

Ages 6 to 13

American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

Advanced Youth

Ages 6 to 13

These lessons are for advanced students who are comfortable swimming lengths of the pool, and have strong floatation and crawlstroke skills.

Summer Swim League

A fun introduction to competitive swimming. This league features regular workouts, low key competition, stroke technique and team building. If your child is 7 years or older, and able to swim one length of the pool, Summer Swim League may be for them.

Adult Lessons

Ages 13 and up

Novice through more advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention given to those adults who are aqua phobic.

Birthday & Splash Party Rentals

Medgar Evers Pool is available for your private rental. For more information call, 684-4766

How to Register for Lessons

Simply come to the pool cashier in the lobby during open hours, fill out a registration form, and pay the class fee. **Registration is on a first-come, first-served basis. New Participants:** Open registration for Fall Session 2 begins Mon, Oct 3 at Noon.

Financial assistance for children's swimming lessons is available. Please contact pool for more information..

Community Phone Numbers

Recreation Information

Public Information 684-8020
 Compliments/Concerns .. 684-4837
 Ballfield Rainout
 Hotline 233-0055
 Environmental
 Stewardship 733-9701
 Field/Tennis Court
 Scheduling 684-4077
 Group Field/Tennis Court
 Scheduling 684-4082
 Picnic Scheduling 684-8021
 Teen Program Advocate. 684-7136
 Teen TREC Program..... 684-7097

Community Services

Chamber of Commerce... 686-3221
 Capitol Hill Neighborhood Svc Ctr
 684-4574
 Police — East Precinct . 684-4300
 Police — West Precinct. 684-8917
 Metro Transit Rider Info 553-3000

School Information

Garfield H.S. 252-2270
 Leschi 252-2950
 Lowell..... 252-3020
 MLK..... 252-2900
 Madrona 252-3100
 Meany Middle 252-2500
 Montlake 252-3300
 St. Joseph's 329-3260
 Stevens 252-3400
 T.T. Minor 252-3230
 Topps 252-3510
 Transportation 252-0900

Sports Information

Amy Yee Tennis Center .. 684-4764
 Athletic Field Scheduling
 684-4077
 Capitol Hill Soccer..... 675-0397
 Central Area Panthers
 Football 853-3181
 Citywide Adult Athletics.. 684-7092
 Citywide Youth Athletics . 684-7091
 Field/Tennis Court
 Scheduling 684-4077
 Garfield Little League.... 721-3534
 Montlake Little League . 853-3181

Special Programs

Senior Adult Programs
 Citywide 684-4951
 Central East 233-7255
 Special Populations
 (Youth/Adult) 684-4950

Special Interests

Aquarium 386-4320
 Asian Art Museum..... 654-3100
 Camp Long ELC* 684-7434
 Carkeek Park ELC* 684-0877
 Daybreak Star Cultural
 Arts Center..... 285-4425
 Discovery Park ELC* 386-4236
 Green Lake
 Small Craft Center .. 684-4074
 Langston Hughes
 Performing Arts Ctr.. 684-4757
 Mt. Baker Rowing
 & Sailing Center 386-1913
 Seward Park ELC* 684-4396
 Woodland Park Zoo..... 684-4800

Community Centers & Pools

Alki CC 684-7430
 Ballard CC 684-4093
 Ballard Pool..... 684-4094
 Bitter Lake CC..... 684-7524
 Colman **(Summer only)**. 684-7494
 Delridge CC..... 684-7423
 Evans Pool..... 684-4961
 Garfield CC 684-4788
 Green Lake CC..... 684-0780
 Hiawatha CC 684-7441
 High Point CC 684-7422
 Jefferson CC 684-7481
 Laurelhurst CC 684-7529
 Loyal Heights CC 684-4052
 Madison Pool 684-4979
 Magnolia CC 386-4235
 Meadowbrook CC..... 684-7522
 Meadowbrook Pool 684-4989
 Medgar Evers Pool 684-4766
Miller CC..... 684-4753
 Montlake CC 684-4736
 Mounger **(Summer only)** 684-4708
 Queen Anne CC..... 386-4240
 Queen Anne Pool 386-4282
 Rainier CC 386-1919
 Rainier Beach CC..... 386-1925
 Rainier Beach Pool 386-1944
 Ravenna-Eckstein CC 684-7534
 Sand Point CC..... 684-4946
 South Park CC 684-7451
 Southwest CC 684-7438
 Southwest Pool..... 684-7440
 Van Asselt CC 386-1921
 Yesler CC 386-1245

*ELC = Environmental Learning Center

Facility Rental Information

Miller Community Center

Rent Miller Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, and other events.

Cal Anderson Shelterhouse 1635 11th Ave

The Miller Community Center - Cal Anderson Shelterhouse is available for rent on availability. The shelterhouse is available for the community to hold meetings, activities, and small parties. Maximum capacity is 45 people.

Rates and Availability

Contact Miller Community Center Staff at 206-684-4753 for cost and availability. If neither Miller Community Center nor Cal Anderson Shelterhouse suits your needs, visit the Seattle Parks and Recreation web site at <http://www.seattle.gov/parks/reservations/Facrentalguide.htm>. There are over 20 great locations that can be rented throughout the Parks Department!

You can make a difference!

The Miller Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Miller's Advisory Council is always looking for new members. Meetings are held on the third Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Rainier Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Gina Saxby at 206-684-4753.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about rentals, please view our facility rental brochure (<http://www.seattle.gov/parks/rentals/Facrentalguide.htm>).

Special Populations

For information about programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950 or visit the web at <http://www.seattle.gov/parks/SpecialPops/index.htm>.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks.

or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.



Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Registration Form

Please fill out form completely and return with payment to:

Miller Community Center
330 19th Ave E
Seattle, WA 98112

For additional information, please call 206-684-4753

No additional confirmation will be sent; please refer to the program brochure for start date and times.

Payee Information					
Name		Relationship to Participant			
Address		City		ZIP	
Home Phone		Other Phone			
Work Phone		E-mail Address			
Method of Payment					
Credit Card		Type of card	MasterCard	Visa	American Express Debit Card
Cash	Check	Credit Card Number			Expiration Date

General Waiver

Yes, the following registered participant(s) may be photographed for use in Miller Community Center publications. I hereby give my consent for the below named participant(s) to participate in the program(s) listed below being conducted or co-sponsored by Seattle Parks and Recreation and Miller Advisory Council, and I declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Miller Advisory Council, or any of their employees or volunteers responsible for any injuries, damage, or personal loss incurred while participating in said program(s).

Participant Registration						
Class Title	Day(s)	Time	Fee	Participant's First & Last Name	Birth Date	Sex

Complete credit card payment information or make checks payable to: **Miller Advisory Council #070**

Mail to: **Miller Community Center, 330 19th Ave E, Seattle, WA 98112**